



Dear Life Group Leaders,

We're heading into part 2 of Swipe Right. Our aim is to cover everything from singleness & sex to romance & marriage. We are believing that through the weeks of this series that God will help you to: regret proof your marriage bed and your death bed.

As you lead your group consider dividing the men and women into separate groups. Due to the content - there could be deeper and more meaningful conversation if men and women are able to discuss within their own gender. Thank you for serving and loving people as they journey with Jesus.

**Much love,
Pastor Ryan**

Swipe Right - Part 2 Watch Out For The Esau Syndrome

Core Message: Your desires can keep you from your destiny. Don't trade away God's lifelong gift in order to satisfy a short-term appetite.

Icebreaker: Share with everyone the craziest thing you've bought at the grocery store when you went shopping on an empty stomach.

Read together: **Genesis 25: 19- 34; Luke 4: 1-13; Ephesians 2: 8-10; Hebrews 12: 16- 17; Psalm 119: 11; John 4: 34; 2 Corinthians 10:5**

DISCUSS

1.) **YOUR DESIRES CAN KEEP YOU FROM YOUR FUTURE:** We can do in minutes what we will regret for decades. Don't trade what you want most for what you want right now.

- What do you ultimately want for your future?

- Read **Hebrews 12: 16-17**. Esau was willing to give up what was forever for something right now, what are some examples of this in your own life?
- The writer of Hebrews connects Esau's decision with a warning to refrain from "sexual immorality". Why do you think the two are connected? What are some other areas where instant gratification is at odds with ultimate satisfaction?
- Just because you feel something doesn't mean you have to do it. How can we learn to take control of our feelings and desires? (See **2 Corinthians 10:5**)

2.) YOUR PRE-DECISION IS YOUR MOST IMPORTANT DECISION: If your stomach is full of God's word and your hands are busy with His work, temptation effects you differently.

- Identify the time or times when you are most tempted to sin. i.e hungry, tired, etc... Can you think of some ways to distant your thoughts and actions from those temptations before they return?
- According to **Luke 4: 1-13**, how did Jesus respond to temptation? Would you say he prepared for those moments?
- What areas of you are empty?..love, relationship, self worth may be a few examples. Take a few minutes to reflect on how you currently fill them, how effective is that and is there a better option?
- When was the last time you gave into "comfort sin" thinking it would cheer you up in the moment but it was actually a lie and turned out terrible?
- How do we make sure that we're constantly filled? (Hint: **Psalms 119:11**)

3.) IN ALL YOU DO THINK FOLLOW THROUGH: God can and will forgive you but He would much rather be blessing you and using you.

- Read **Ephesians 2: 8-10** If you're unclear about your calling it will cause you to put a lower value on yourself than you deserve. How have you undervalued yourself?
- It's also important to keep clear your calling by serving in the local church. How are you currently serving? If you're not, are you willing to commit to taking the steps to getting plugged in?
- God doesn't save you just so you don't go to hell but so you can shake the gates of hell! God has a calling on your life, how are you seeking it?

NEXT STEPS

We can combat this sex saturated culture by living carefully and intentionally while keeping our hearts set on heaven. What is one step you can take this week to start living a more careful and intentional life?

PRAY

As a group think of some scriptures that you can use to hide in your heart. Close in prayer asking God to help you pre-decide how you'll respond to temptation and focus on the follow through.

Also, encourage everyone to pray for those who God would want them to bring

back with them for part 3 of Swipe Right.

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